

REGISTERED CLASSES: FALL 2012

See the course catalog for a description of all of our classes, available on our website <http://www.sanfrancisco.va.gov/SANFRANCISCO/services/prrc.asp>

This quarter, the PRRC is excited to also offer an exclusive selection of classes that require registration prior to attendance. These classes either serve a specific group of clients or offer a curriculum that builds as the class progresses.

- Students need to register and commit to attending the class regularly.
- There are a couple of ways to register:
 - ✚ Contact the class facilitator directly if you know them.
 - ✚ Leave a voicemail on (415) 750-2226.
 - ✚ Attend Registration Day on October 1st or 2nd
 - ✚ Attend the first day of the class



Happiness Boot Camp. Wednesdays 11:00 – 11:45am

Learn the techniques and experience the satisfaction of inner peace and joy! The science of happiness (a.k.a. Positive Psychology) now has specific ways for people to learn how to create a sustainable inner peace for themselves. We will be reviewing and practicing these techniques together. Benefits of positive emotions include: better health, achievement, resilience, a buffer against anxiety and depression – and just plain feeling good.



Reading for Recovery. Tuesdays 2:00 – 2:45 pm

This bibliotherapy class involves selected readings from the first-person recovery-oriented literature. Attendees will be asked to read and discuss selections from books and articles describing an individual's recovery stories. Some of the selections will be from the following: "I Never Promised You a Rose Garden," "The Center Cannot Hold," "An Unquiet Mind," "Free to Fly," and "Get Me Out of Here." Reading and discussing recovery oriented stories can often inspire hope and serve to point out that recovery is real and possible. Veterans will also have the opportunity to create their own recovery story using a variety of media.



Schizophrenia Support Group. Thursdays 11:00 – 11:45 am

This is a support group for people who hear or see things that are not there, or have fears about things that are not true. The group shares tips on coping with these experiences, and discusses other topics of mutual interest such as relationships with loved ones. Contact Dr. Jennifer Boyd (415-221-4810, ext. 3421) to enroll as a member.

Contact Kate Kaplan at (415) 221-4810 x 6394 to do a brief screening and register.



Wellness Management. Tuesdays 10:00 – 11:30 am

This class will provide knowledge on recovery strategies including practical facts about mental illness, how to build social supports, use medications effectively, cope with stress, problems and symptoms and get your needs met in the mental health system. Each class will build on the previous one, giving you the opportunity to enhance your knowledge each week while working on organizational and time management skills.



Women Create! Mondays 2:00 – 3:30 pm

Female veterans will be invited to discuss, share, visualize and actualize recovery goals through discussion of recovery concepts and through active creative expression. Class will encourage women to share aspirations and unique methods of creativity such as visual art, writing, and performing. Class will encourage mindfulness and support healthy social involvement through the discussion of shared interests of female veterans.